

BCCAP

RUMP ROUTINE

Plump up that rump with this workout routine! Perform with or without weights.

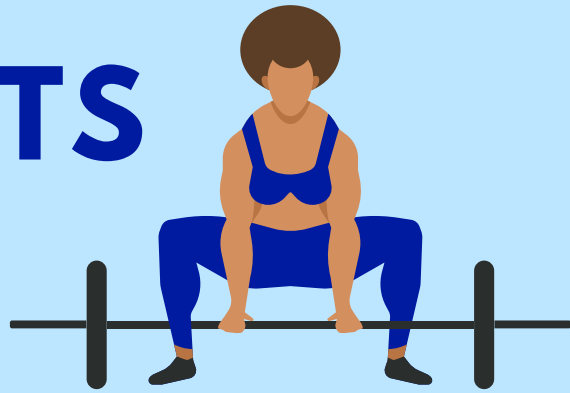


LUNGES

4x20

DEADLIFTS

4x12



SQUATS

4x12

GLUTE BRIDGES

4x12

